



National Seminar
On
YOGA FOR WELL-BEING:
EXPLORING THE ANCIENT WISDOM IN MODERN TIMES

The National Seminar on Yoga for Well-being was organized by the Government College of Physical Education, East Hill, Calicut, sponsored by the Directorate of Collegiate Education, Government of Kerala. The seminar aimed to explore the relevance of ancient yogic wisdom in contemporary times and its potential impact on mental, physical, and emotional well-being.



The Government College of Physical Education, located in East Hill, Calicut, stands as a pioneer institution in the field of physical education in Kerala. With a rich legacy spanning over six decades, the college has been instrumental in shaping the landscape of physical education and sports in the region.

Since its inception, the college has been committed to promoting excellence in physical education and fostering holistic well-being among its students. Over the years, it has earned a reputation for its unwavering dedication to nurturing talent, fostering leadership skills, and instilling a passion for sports and fitness.

The college boasts state-of-the-art infrastructure, including well-equipped gymnasiums, sports fields, and recreational facilities, providing students with an ideal environment to pursue their athletic endeavors. Moreover, its experienced faculty members, comprising seasoned educators and accomplished sports professionals, ensure that students receive top-notch academic and practical training.



As a government institution, the college is deeply rooted in its commitment to promoting physical education and wellness across the state. Its holistic approach to education encompasses not only physical fitness but also mental and spiritual well-being, reflecting the timeless principles of holistic living embodied in the practice of yoga.

Date and Venue: The seminar took place from January 23 to January 25, 2024, at the college auditorium. It featured a diverse range of sessions conducted by eminent speakers in the field of yoga and holistic wellness.

Inauguration and Keynote Address: The event commenced with a welcome speech by Dr. Haris Babu K. S., followed by the inauguration by the Principal, Dr. Sunil Alphonse.

The keynote address was delivered by Ram Subramanian, who shared insights gained from his extensive travels and studies in the Himalayas, emphasizing the importance of ancient wisdom in modern living.

The event featured **12 sessions** conducted by experts in the field of yoga and holistic wellness.

Sessions Overview:

Date 23/01/2024

Session 1:

Topic: Holistic Approach of Yoga for Mental & Physical Health

Speaker: **Mr. SubbuKrishnan R V**



This session explored the holistic benefits of yoga for mental and physical well-being, emphasizing its integrative approach to health promotion and disease prevention.

Sessions 2 & 3:

Topic: Yama Niyama

Speaker: **Mr. Prajeesh T**



Mr. Prajeesh T elucidated the principles of Yama and Niyama, the ethical and moral codes of conduct in yoga philosophy, highlighting their significance in leading a balanced and harmonious life.



Session 4:

Topic: Yoga for Personality

Speaker: **Mrs. Prasanna Kavungal**

Mrs. Prasanna Kavungal discussed the role of yoga in enhancing personality traits, such as self-awareness, emotional stability, and resilience, contributing to overall personal development.



Date 24/01/2024

Session 1:

Topic: The Art of Meditation

Speaker: **Shyju Krishnan BP**

Shyju Krishnan BP elucidated the practice and benefits of meditation as an integral component of yoga, promoting mental clarity, emotional well-being, and spiritual growth.





Session 2:

Topic: Evolution of Yoga from Traditional to Modern Times

Speaker: **Dr. Padmanabhan T.V.**

Dr. Padmanabhan T.V. traced the evolution of yoga from its traditional roots to its contemporary adaptations, discussing its relevance and application in modern lifestyles.



Session 3 and Session 4:

Topic: Experience-Based Results of Research on Yoga

Speaker: **Dr. K. Madhava Chandran**

Dr. K. Madhava Chandran presented research findings on the therapeutic efficacy of yoga, showcasing evidence-based results and their implications for health and well-being.



Date 25/01/2024

Session 1 and Session 2:

Topic: Yoga as Mind-Body Medicine

Speaker: **Meenakshy K. B.**

Meenakshy K. B. explored the therapeutic applications of yoga as mind-body medicine, discussing its role in preventing and managing various physical and mental health conditions.



Session 3 and Session 4:

Topic: An Insightful Note to Yoga Teachers

Speaker: **Mr. Soshith Mukthav**

Mr. Soshith Mukthav provided insights and guidance to yoga teachers, emphasizing the importance of continuous learning, self-reflection, and compassionate teaching practices.





Paper Presentations and Sub-Themes: The seminar also featured paper presentations on diverse sub-themes related to sports injury prevention, rehabilitation, nutrition, psychology, biomechanics, sports technology, and allied sciences. A total of 47 paper presentations were made by participants, enriching the academic discourse on yoga and sports sciences.

Participants were provided with seminar access, kits, and refreshments for the duration of the event. Registration was mandatory, and papers were subject to review before acceptance. Selected papers would be published in a special edition of the International Journal of Zoological Investigation.

Valedictory Function: The seminar concluded with a valedictory function on the evening of January 25, 2024, presided over by Principal Dr. Sunil Alphonse.



Dr. Haris Babu K. S. served as the seminar coordinator, and Anoop Pinheiro was the convenor. Felicitation was extended to key contributors and organizers for their valuable contributions.





The National Seminar on Yoga for Well-being provided a platform for holistic exploration and understanding of yoga's ancient wisdom in the context of modern lifestyles. Through informative sessions, participants gained insights into the diverse facets of yoga, including its philosophical foundations, practical applications, and therapeutic benefits. The active involvement of faculty, non-teaching staff, and renowned speakers contributed to the seminar's success in promoting holistic wellness and fostering a deeper appreciation for the timeless wisdom of yoga.

The National Seminar on Yoga for Well-being provided a platform for scholars, practitioners, and enthusiasts to delve into the ancient wisdom of yoga



and its contemporary applications. Through informative sessions, paper presentations, and discussions, the seminar contributed to the promotion of holistic wellness and the integration of yoga into modern lifestyles.